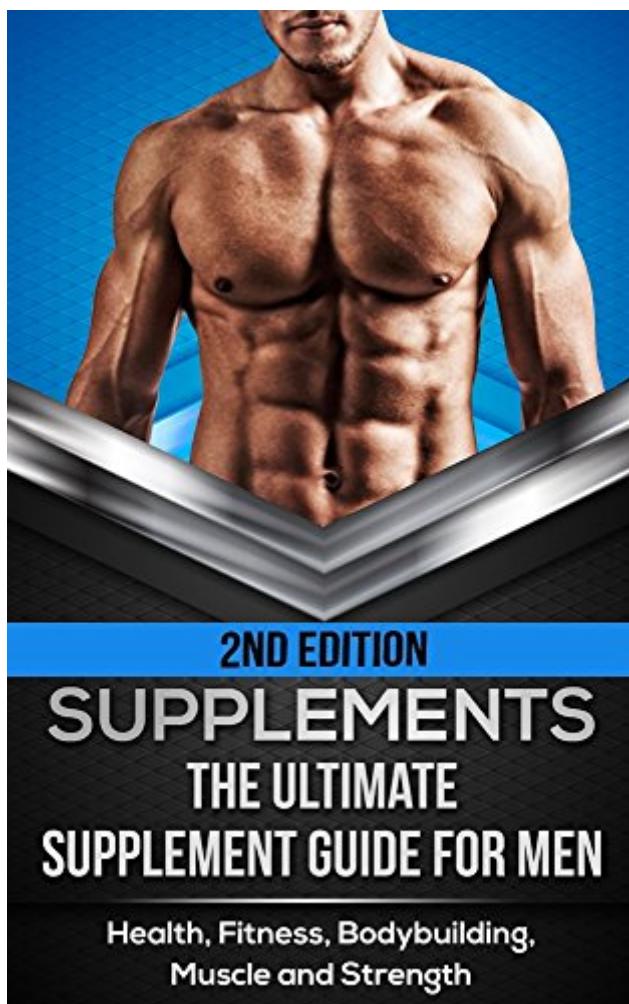


The book was found

Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle And Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem)





Synopsis

SO YOU'VE BEEN EATING HEALTHY AND WORKING OUT TO ACHIEVE YOUR FITNESS GOALS, BUT DO YOU FEEL AS IF YOU NEED A GREATER BOOST IN YOUR NUTRITION? DO YOU THINK THAT WHAT YOU'RE DOING AND WHAT YOU'RE CONSUMING ARE JUST NOT ENOUGH? Most men dream of having a sculpted physique that simply screams "Alpha Male." But sometimes, gaining lean muscle is not as simple as a healthy diet and a regular workout regimen. Often, you need a bigger boost to help you achieve your fitness goals. The good news is that you can get that boost you need through supplementation, and this book can show you how! Many men have become wary of taking supplements. It's no wonder that people have become cautious because there are indeed some supplements that over-promise but under-deliver. When the market is saturated with countless supplements, it is difficult to make an informed decision until now! This book has everything you need to know about the proper supplements to help you achieve your health and fitness goals. Here is what this book will help you learn:

- Ranking the top 10 supplements for men
- The benefits of each of these supplements
- Proper dosage to get the optimum results
- Safety precautions to avoid any side effects
- Not only that, you can have the guidance you need to do the following:
- Choosing the right multivitamins
- The most important minerals to look for
- Additional substances that promote men's health
- Take the necessary steps to achieve the sculpted physique that you've always wanted to achieve.

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Book Information

File Size: 546 KB

Print Length: 84 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 4, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00O6UMZBW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #537,476 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36
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Customer Reviews

I purchased this book for my significant other, who is totally into fitness and is always looking for ways to improve his physical appearance through exercise and nutrition. Naturally I take interest in anything that would affect his health, so I decided to read the book myself. The book provides comprehensive, easy to read information on the 10 most beneficial supplements for men and how they can help to get that sexy physique that you desire. What I like most about the book is that it gives a complete overview of the supplements their benefit, uses and precautions. Reading this book will help any man on the quest for a safe and healthy way to build lean muscles by complementing their diet with supplements to achieve their goals. The author goes as far as to telling you which workout programs goes best with the supplements, for example creatine is good for short repetitive workouts as opposed to aerobics. Well written facts on supplements that I know will benefit anyone who wants to increase their knowledge as well as use supplements in a safe and effective way.

Truly terrible, a big waste of money. There is little valuable information here... if you walked into a vitamin shop and read the product description label behind supplements you'd get a better idea. I think the "Ultimate" supplement guide should cover a broad range of supplements and evaluate their effectiveness instead of just saying what the manufacturer says it does. My recommendations is to save your money and get your information for free from many reputable sources on the web

I found this book while I was browsing through . I instantly thought about my brother while I was reading the cover and summary of this book. He's a bit lanky as of now and he's been trying to gain more weight and build muscles. I'm planning to give this to him so that he can read and learn more about how he can best do his body building. The book contains proven steps and strategies on how to choose the right supplements to achieve one's goal. Also, the book will teach you about the top ten supplements for men, and how it can help tto get the best shape possible through invaluable information and tips to gain lean muscle and have strong, muscular physique.

The book is comprehensive. I expected different stuff to be put on the book, but the information given are fine. Everything is explained and clear. It even gives the proper dosage. If you want to stay healthy then, yeah, the book is for you.(Danielle's boyfriend POV)

I have come across this book as my husband has been searching online for supplements. I wanted to help him and I made the right decision for purchasing this book on promo. I now have a list of supplements to give to my husband with all the advantages explained in this book. This is a study of the listed supplements that explains the overview, dosage, usage, and precautions. This is recommended to all men who wants to enhance muscle growth and speeds up recovery after workout. To all men out there, this is a good read right here!

I have been working out for last six months now. But still, my muscle growth is not that great. So, I was thinking about taking supplements. But, I didn't know what to take. So, I was surfing in the internet for any suggestions about supplement and then I came across this book. This book has everything I was looking for. The author has given description of the most effective supplements for men. I have already started taking one of them and I have been seeing improvements recently. A special thanks to the author.

Love this book. Very informative and easy to follow. I had no problem referring back to information while I searches for these supplements. A really good book.

This book contains the essential supplements needed in muscle work-outs. An overview of each supplement is presented in this book. Also, the required dosage for each supplement is added. A subsequent explanation on how these supplements can benefit men's health is also being imparted in this book. So, for men who need supplements for muscle building or for staying healthy and fit, this book is definitely necessary.

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